

The Connection

May 27, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office: Phone or

bonnie.parsons@spencer.kyschools.us

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

Congratulations Hillview Academy

We congratulate these eight Hillview Academy seniors for their accomplishments:

Brandon Arnold	Tyler Heckman
Daniel Bishop	Chris Kaiyaraj
Brooke Gearlds	Brandon Sparks
Nicholas Goodlett	Sara Wardrip

HAVE A GREAT SUMMER!

We hope everyone has enjoyed the various health tips and topics provided by your Spencer County School Nurses. We attempted to cover important health topics, such as Heart Disease as well as some lighthearted topics like Halitosis.

We hope everyone has plans for a safe, fun, restful and relaxing summer. When we begin a new school year in August if anyone would like for us to cover a certain health topic, please feel free to email us. We would like to thank Bonnie Parsons for her dedication to and publishing "The Connection". This is certainly a useful tool in keeping everyone informed of various happenings throughout Spencer County Schools. Once again, we hope everyone has a safe and fun summer!

From your Spencer County School Nurses:

Kathy Dippel, RN	Jennifer Goodlett, RN
Cindy Hayes, RN	

Keep Saving this Summer

Remember to clip and peel those **Boxtop\$** emblems) and labels from Campbells and other brands) for our schools. This year so far Taylorsville Elementary has received \$925 just from Boxtop\$ and Spencer Co. Elementary has \$2838! This is cash to be used in any way they wish. The Middle School will begin collecting again this year so don't throw out a box or bag without checking for the emblem. For full lists of items go to www.boxtops4education.

Also, save **plastic caps and lids** of all types for Stacey LaRue to use in an **Middle School Art** project next fall.

Bear Care - Enrolling for Summer!!!

Open Monday thru Friday 6 am-6 pm, (closed July 5th)

Ages from 3 years old to 12 years*

Two locations (Preschool for 3-5 year olds *

and TES for school age).

Free Breakfast & Lunch. (Through Summer Food Program)

Water Days, Movie Days, Field Trips,

Guest Speakers and More!!

If you have any questions or want to learn more about the Summer Bear Care program please call Allyson, Director, at 477-3273 or e-mail at: allyson.berry@spencer.kyschools.us

*Children must be fully potty trained to start Preschool Bear Care.

In Sympathy

We extend our deepest sympathy to Kathy Morgenstern (Central Office) and family in the loss of her mother, Doris Shepherd, of Marietta, Ohio. She passed on this Wednesday, May 26, 2010.

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Notice from Payroll

The June 10 and June 25 checks/advices may be picked up at Central Office on payday from 9am-3 pm. (If you're in the area please help us save postage.) Any not picked up by 3:00 will be taken to the post office and mailed to your address on record.

Have a great summer!!

REMINDER: 10 month employees will receive 4 checks in June to pay out the contract for 2009/2010. New contract pay for 10 month employees will resume in August with the beginning of the 2010/2011 school year.

— Gwen Shouse, Payroll Department

SPECIAL NOTE: For the Fourth Of July Holiday, Central Office will be closed on Monday, July 5th.

Upcoming Events

SCHS Graduation — May 29 — 5:00—Frankfort Civic Ctr.
Family Fitness Fun Day—June 5—9 to noon — Ray Jewell Park & High School

Amer.CancerSociety's **Relay For Life—**7 pm—Friday, June 11 — SCHS Front lot

FOR SALE

Formal Dining Room **Table & Hutch** \$600.00 or Best offer. Comes with 5 chairs & 1 captain's chair. 100% Real Oak, hardly ever used, maybe 2 times a year, beautiful - Need pics and measurements, please call Tracy Devore 354-0035 or email devore.t@insightbb.com

'89 **Mustang GT**, hutch back w/moon roof, 74K easy miles, used as a Show car, nothing wrong - in excellent condition. \$6,900.00 or Best offer - Need pics and more info, please call Tracy DeVore 354-0035 or email devore.t@insightbb.com

6-foot pull-type **Bush Hog**. Asking \$500.00 Call Linda Goldey @ 859-265-0051.

ATTENTION TEENS: Babysitter needed a few hours on weekends for a 3 ½ yr. old. Hours are flexible—Days only. Please call Coleen Mills at 477-7969 (home) or 232-8811 (cell). You may also send an email to me at TES. (House is close to Top Flight Subd., on 55.)

Need your **horse(s)** shod, broke, trained, behavior issues/manners fixed, minor chiropractic adjustments? Please call 502-220-7342 ask for Mac, **B & M Equine Excellence**. Very reasonable prices.

Raffle tickets to support Relay For Life, on a 26", 21-speed Rock **Mountain Shogun** bike with alloy linear pull brakes, all-terrain tires & dual suspension. **Brand new, still in box**. For donations or tickets, call or see Bonnie, Angie, Brett or Kathy at Central Office or Michelle Gross at the Middle School.



Wish there was time before the school year began to review your benefits package? Take care of reviewing your benefits package early instead of during the busy back-to-school season.

Set an appointment with your American Fidelity Assurance

Representative to learn more about District benefits offered through payroll deduction.

Contact **Michele Barlow at Central Office**, to see Cyndi Godsey, Executive Account Specialist this spring or summer.

Tips to keep from over-eating at your next barbecue:

Fill up on vegetables first. Eat loads of green salad—with a couple of tablespoons of dressing, preferably one that's lower in fat. Crunch on the crudités (raw cut-up vegetables) and go easy on dips—instead of chips.

“Prioritize” your favorite food: If you're dying for a big cheeseburger, have a green salad or grilled vegetables and fruit as sides. Skip the bun and spend that starch serving on a scoop of the creamy potato salad you truly love.

Have a piece of lean protein (chicken, fish), grilled vegetables and a healthy side (1/2 cup or so of baked beans or a bean salad) so you can indulge on dessert.

Consider your portion size:

- **A tennis ball or baseball = about 1 cup** This measure is useful for scoopable sides like potato, pasta and bean salads. If you're trying to keep a cap on calories, aim for 1 cup total of these starchy side dishes.
- **Your cell phone or a deck of cards = about 3 ounces meat.** This measure comes is useful for steak, chicken and fish.
- **Your thumb = about 1 tablespoon.** This measure comes in handy when you're trying to estimate dressing or a spread. Most full-fat salad dressings have 50 to 100 calories per tablespoon (creamy ones fall toward the higher end); mayo (at 100 calories per tablespoon) is another one to watch. Choose reduced-fat varieties, which usually have half the calories, whenever you can.

When you're finished, go play. Start tossing a ball with the kids. Rally the adults to play horseshoes or some other outdoor game. No need to jump around like a fool to “burn off” dinner; the point is to pull yourself away from the chips and salsa!

